



AARP Safe Driving Class, page 2

APRIL 2018 VOLUME 34, NO. 4 www.friendshipheightsmd.gov 301-656-2797

#### Russian Treasures at the Walters and lunch at Petit Louis

Marvel at the beauty of three centuries of art created during Russia's Romanov dynasty when we enjoy a guided tour of a special exhibition at the Walters Art Museum in Baltimore's beautiful Mount Vernon neighborhood on **Wednesday, April 25.** 

This dazzing exhibition, "Fabergé and The Russian Crafts Tradition: An Empire's Legacy," features 70 works, including the museum's famed Fabergé Easter eggs, stunning gold and silver vessels, intricate enamels, luxurious jewelry, carved stones and icons that illuminate the beauty, technical sophistication, and artistry of Russian crafts. You'll also have time to explore this amazing museum. The Walters boasts one of the country's best collections of Egyptian, Greek and Roman, Byzantine and Ethiopian art. Next, we'll enjoy a three-course luncheon at the very French Petit

Louis.
Our menu
includes a
choice of
soup du
jour or salad
verte; choice
of salmon,
grilled
chicken or



quiche Lorraine for the entrée; and, a choice of chocolate mousse or blood orange cake with pistachio

Continued on page 11, see Treasures

# State Senator Susan Lee addresses elder abuse



Susan C. Lee, who represents the 16th District in the Maryland Senate, will discuss abuse of seniors at the Village Center on **Thursday, April 26, at 7 p.m.** 

Senator Lee has been an advocate for protection against identity theft, online fraud, and for cybersecurity. She is a Civil Rights lawyer who has been a strong advocate of individual rights, including protections against cybercrime, human trafficking, family violence and women's issues,

particularly unequal compensation. She is the Senate Deputy Majority Whip, a member of the Judicial Proceedings Committee and a member of information technology, cybersecurity, biotechnology, and family violence working groups. She previously served in the Maryland House of Delegates and has received many state and Montgomery County awards for her work on behalf of women, minorities, and effective use of technology.

Refreshments will be served. Please call 301-656-2797 to let us know you are coming.

This program is co-sponsored by the Village of Friendship Heights and the Friendship Heights Neighbors Network.

# Come celebrate our community!

Join your friends, family and neighbors as Friendship Heights celebrates Community Day at the Village Center on Thursday, April **19, from 6:30 to 8 p.m.** Each year, the VIllage Council recognizes the anniversary of the Village Center with this celebration of friendship. This year will mark the Center's 32nd year. We'll feast on delicious barbeque, with all the fixin's, and listen to great music from Frank Cassel and the Mountain Fever Band. Famous Dave's will provide two different types of delicious barbeque including chicken and beef – vegetarian beans, macaroni and cheese, coleslaw, cornbread and rolls. We'll also have something for your sweet tooth. Hope you can join us.

Free tech help, see the calendar page

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#### Safe driving program at the **Center in April**

The AARP Driver Safety Program will be offered Thursday, April 26, from 10 a.m. to 3 p.m. (with a noon break), at the Village Center and will be taught by Nina Uzick. It costs \$15 for AARP members (please bring your membership card when you register and also to the class) and \$20 for nonmembers. We can accept only cash or checks made out to AARP.

Tune up your driving skills, learn safe driving strategies, and update your knowledge of the rules of the road. Learn about normal age-related physical changes, and how to adjust driving to allow for these changes. Some insurance companies operating in Maryland consider drivers who take the course qualified for an auto insurance premium reduction or discount.

Each student must bring his or her driver's license and a ballpoint pen to class. Please arrive 15 minutes early for administrative details and registration. Register at the Village Center. The next class at the Center will be in November.



#### Seniors on Stage at the Center

Enjoy live theater at the Village Center when Seniors on Stage, a senior acting group, presents



"You're Invited" on Wednesday, May 9, at 1 p.m. These staged readings are a collection of short pieces -and some silly business to link them together. They are loosely based on popular radio comedy shows of the 40s and 50s, but with fresh material added to tickle your fancy and funny bone. Please let us know you are coming by calling 301-656-2797



Friendship Heights

#### VILLAGE NEWS

#### www.friendshipheightsmd.gov Email: info@friendshipheightsmd.gov

The Village News is a publication of the Village Council, the elected governing body of the Special Tax District of the Village of Friendship Heights, 4433 South Park Avenue, Chevy Chase, MD 20815, 301-656-2797. The newsletter is produced through the cooperative efforts of volunteers, Council members, and Village staff.

#### **ADVERTISING**

The deadline for reserving space for the May issue is April 5. For suggestions about news items or information on advertising rates, call 301-656-2797. Acceptance of advertising does not represent endorsement by the Village of Friendship Heights for any product or service, nor is the Village of Friendship Heights responsible for representations made by advertisers.

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### **Village Council Update**

#### Jennie Fogarty is retiring

For over 17 years, Jennie Fogarty has served as Associate Program Director at the Village Center. Working closely



Jennie Fogarty

with her colleague Anne O'Neil, she has shared responsibility for producing the broad array of programs and events that make living in Friendship Heights such a great experience. The classes, concerts, trips, special celebrations, even this newsletter, are all the responsibility of the Program Directors. Jennie's skill at attracting top speakers to the Center has been especially appreciated.

Anne O'Neil will be expanding her hours to full-time and we are looking for an Assistant Program Director to work with her (see notice below). Anne has been with us for over 20 years, and the Council was pleased to be able to offer her this larger role. The Village program department remains in good hands. We wish Jennie all the best. Her gracious presence will be greatly missed by all of us.



Anne O'Neil

## We are looking for an Assistant Program Director

For the first time in 17 years, we are looking for a new staff member to help produce our extensive program offerings. This new 20 hour per week position is perfect for someone with the right skills who is looking for a job that will be both challenging and fun, with occasional frustration thrown in for good measure! If you have attended activities at the Center, you might not realize that it only looks easy. It is the skill and hard work of our program staff that makes it all come together. If you are interested, please send your resume and a letter of interest to Julian Mansfield, Village Manager, at the Village Center. The job description is posted on our website under "What's New."

# **Developer to present plans for Parcel 6** at May 14 Council meeting

1788 Holdings, the potential developer of Parcel 6, will present its plans to the Village at the May 14 Village Council meeting. The meeting will begin at 7:30 p.m., and the presentation will be the first item under Old Business.

As reported last month, 1788 has acquired several

more properties in Parcel 6—the cluster of houses and commercial buildings on North Park Avenue, Shoemaker Farm Lane, and Willard Avenue.

We also reported that the developer did not expect to purchase the 4601 Willard Avenue property, owned by Moussa Moaadel, at his asking price. Mr. Moaadel then emailed us the following statement: "Through the past 30 years, 1788 Holdings partner Larry Goodwin and several developers have made numerous attempts to purchase my building and always been told that the building is not for sale. Therefore the statement that were made to your newsletter that 1788 did not want to pay the price is misleading since I have never intended to sell nor quoted any price to anyone."

#### **Don't forget Friendship Heights**

When you file your Maryland income tax return, please remember to put Friendship Heights under "City or Town" to ensure the Village receives its share of state income tax.

# Village sponsors candidates forums for County races

The Village will be sponsoring candidates forums for Montgomery County Executive and for Montgomery County Council District 1. The County Executive forum will be **Monday, June 4, from 7 to 9 p.m.** The County Council District 1 forum will be **Thursday, June 7, from 7 to 9 p.m.** Both events will be moderated by Lou Peck of Bethesda Magazine. Look for more details in the May newsletter.



#### New flag in Humphrey Park

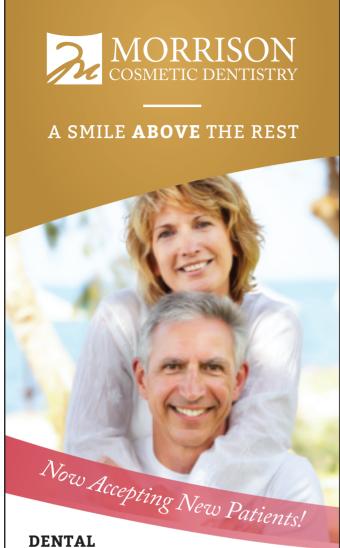
A new American flag is now flying in Humphrey Park. The previous flag and rope assembly had been damaged by several storms. A contractor with a small crane was required to do the necessary repairs. Check it out the next time you are in the park.

Actions taken at the March 20 Council meeting:

- Approved FY 2019 Village budget and tax rate.
- Approved three-year proposal from Culler Irrigation for fountain and irrigations systems maintenance.
- Approved request from The Carleton to remove dead tree by loading dock.

The next Council meeting, open to the public, will be Monday, April 9, at 7:30 p.m.

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SAVE THE DATE

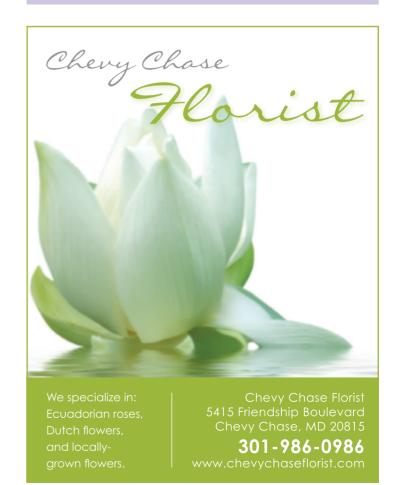
Saturday, May 19, 2018



Meghan Markle and Prince Harry Royal Wedding Viewing Party

Friendship Heights Village Center

Details to follow in the May Village News



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#### **Shred-It returns April 18**

A shredding truck will return to the Village on **Wednesday, April 18, from 5 to 7 p.m.** The truck will park on Friendship Boulevard by the Center entrance. Residents are invited to use this free service.



# A chance to see two new plays in one day

Mark your calendars for **Saturday**, **July 28**, when we travel to Shepherdstown, W.Va., for this year's Contemporary Arts Theater Festival. We'll see"A Late Morning (in America) with Ronald Reagan," from award-winning playwright Michael Weller and starring film and television actor Tim Matheson as Ronald Reagan.

In addition, you have the option to see "The Cake," a timely new play by Bekah Brunstetter, writer for the NBC hit "This is Us."

Look for details in the May issue of The Village News.

#### Friendship Heights . . .

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# PLAYING on the BIG SCREEN

All movies begin at 7 p.m.

**Thursday, April 5, 7 p.m.** — "Goodbye Christopher Robin" — A rare glimpse into the relationship between beloved children's author A. A. Milne (Domhnall Gleeson) and his son Christopher Robin, whose toys inspired the magical world of Winnie the Pooh. Along with his mother Daphne (Margot Robbie), and his nanny Olive (Kelly Macdonald), Christopher Robin and his family are swept up in the international success of the books – the enchanting tales bringing hope and comfort to England after the First World War. Stars Domhnall Gleeson, Margot Robbie and Kelly Macdonald. Rated PG. Running Time: 107 minutes.

**Thursday, April 12, 7 p.m. "Wonder"** — Auggie Pullman suffers from a severe facial deformity that has prevented him from attending a regular school. However, he is set to start a traditional school for the start of his fifth grade year. As his teachers and peers struggle to accept hum, Auggie teaches them that he was born to make a difference. He doesn't let his

deformity define who he is and who will become. His attitude and zest for life teaches others about acceptance and the uniqueness of every individual. Stars Julia Roberts, Jacob Tremblay, and Owen Wilson. Rated PG. Running Time: 113 minutes.

Thursday, April 19, 6:30 p.m.- Community Day Celebration, 6:30 to 8 p.m., see page 1 for details.

Thursday, April 26, 7 p.m. — Maryland State Senator Susan Lee discusses elder abuse, see page one for details.

The Village Book Club will meet on **Tuesday**, **April 17**, **at 11 a.m.** The book selection is "The Underground Railroad" by Colson Whitehead. Look for a copy in the Center Reading Room in the "Village Book Club Selections" bookcase.

#### Our Listings in the Friendship Heights Community

#### **FOR SALE**

**5600 Wisconsin Ave. #603** \$1,999,000: 2 BR + Den, 2.5 BA, Views, 2 Balconies; 2,899 SqFt

**5600 Wisconsin Ave. #906** \$1,599,000: 2 BR + Den, 2.5 BA, Renovated, Balcony; 2,278 SqFt

**5600 Wisconsin Ave. #PH18C** \$1,399,000: 2 BR, 2.5 BA, Views, Balcony, 2,118 SqFt

**5600 Wisconsin Ave. #1101** \$1,125,000: 2 BR, 2 BA, Views, Balcony; 1,593 SqFt

**5600 Wisconsin Ave. #701** \$1,100,000: 2 BR, 2 BA, Views, Balcony; 1,593 SqFt

**5610 Wisconsin Ave. #1003** \$2,595,000: 2 BR + Den, 2.5 BA, Renovated, Balcony; 3,021 SqFt

**5610 Wisconsin Ave. #1609** \$1,995,000: 3 BR, 2.5 BA, 2 Balconies; 3,021 SqFt

**4620 N Park Ave #1107E** \$450,000: 1 BR + Den, 1.5 BA, Balcony; 1,099 SqFt

#### **COMING SOON**

**5610 Wisconsin Ave. #801** \$5,300/month: 2 BR, 2.5 BA, Unobstructed Views; 1,795 SqFt





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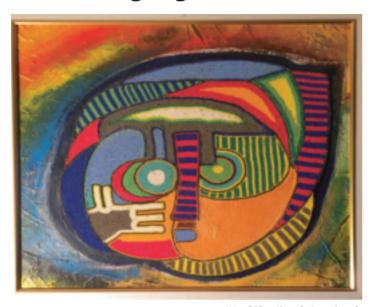


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#### This month in Friendship Gallery– Celebrating Nigerian Artists

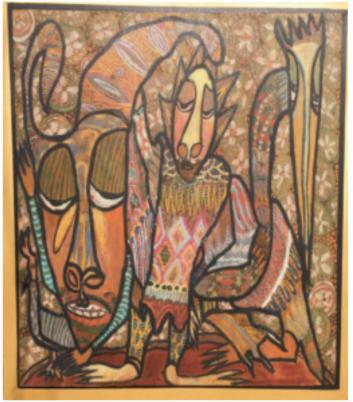


"Owl" by Jimoh Buraimoh

"Celebrating Fifty Years of Oshogbo Art" is the title and theme of April's art exhibit.

In 1962, a professor at the University of Ibadan, Nigeria's first university, invited artist Denis Williams to conduct the town of Oshogbo's first art workshop. The following year another workshop was held and another the year after that. Six artists emerged as a result, including a baker, an electrician, a gas station attendant, and a commercial dancer. They made new careers as artists and are now considered to be masters worldwide. They also paved the way for many other Nigerians to follow in their footsteps. In the 1960s, producing art was not an easy way to make a living because there was no culture of buying art to adorn homes. Through sheer determination and the help and encouragement of expatriate patrons and artists, these and many more artists forged ahead.

An exhibit of the works of Jacob Afolabi, Rufus Ogundele, Adebisi Fabunmi, Muraina Oyelami, Jimoh Buraimoh, and Taiwo Olaniyi, as well as some of their protégés, was organized by the Centre for Black Culture and International Understanding (CBCIU), a UNESCO affiliated institution in Oshogbo, Nigeria. The exhibit traveled to the capital city of Abuja and then to Wilmington, Del., the sister city of Oshogbo. The Village of Friendship Heights is happy to welcome the artists to the Washington area.



"The Zoo Keeper" by Twins Seven-Seven

All are invited to a reception on **Sunday, April 15, from 11:30 a.m. to 1:30 p.m.** The exhibit runs from April 9 to May 5. Exhibit hours are Monday through Thursday, 9 a.m. to 9 p.m.; Friday, 9 a.m. to 5 p.m.; and Saturday and Sunday, 9 a.m. to 2 p.m. Art in the auditorium is occasionally not available for viewing because of activities in that room; check with the front desk receptionist when you arrive. Please note that all sales of art are final.

#### **Artists**— start your painting!

The theme of this year's July art show is "The Good Ol' Summertime." This multi-media exhibit is open to all artists in the area.

Suggestions for paintings, photographs or sculpture are July 4 celebrations, end of school, traveling, beach time—anything related to the summer. Prizes will be awarded to the top winners. Applications are available at the Village Center.

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## Friendship Heights Village Center



# Calendar of Events 2018

A P R I L						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	9:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books 12:30 p.m.: Bridge Club	8:15 a.m.: Walking Club 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Fall Prevention 2 – 4 p.m.: Nurse Specialist 3 – 4 p.m.: Tea 6:30 p.m.: Pilates	9:30 a.m.: Tai Chi Ongoing 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess Group 1 p.m.: All in the Eyes 5:30 p.m.: Community Advisory Committee Mtg. 7:30 p.m.: Concert: Charles Mokotoff	8:15 a.m.: Walking Club 11 a.m 4 p.m.: Village Playtime 11 a.m.: Still Life and Beyond 7 p.m.: Movie: Goodbye Christopher Robin	9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory 1 p.m.: Abstract Painting	8:15 a.m.: Walking Club 9:30 a.m.: Photography for Children 10 a.m. – 12 p.m.: Tech Help 10:30 a.m.: Basic Photography
9:10 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	9:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books 12:30 p.m.: Bridge Club 1 p.m.: Strength Training 7:30 p.m.: FRIENDSHIP HEIGHTS VILLAGE COUNCIL MEETING	8:15 a.m.: Walking Club 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Fall Prevention 2 p.m.: Speech Therapy and Support Group 2 – 4 p.m.: Nurse Specialist 3 – 4 p.m.: Tea 6:30 p.m.: Pilates	9:30 a.m.: Tai Chi Ongoing 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess Group 1 p.m.: Suburban Lecture: "Stay Firm on Your Feet" 7:30 p.m.: Concert: Logan Circle	8:15 a.m.: Walking Club 11 a.m. – 4 p.m.: Village Playtime 11 a.m.: Still Life and Beyond 7 p.m.: Movie: Wonder	9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory 1 p.m.: Abstract Painting	8:15 a.m.: Walking Club 9:30 a.m.: Photography for Children 10 a.m. – 12 p.m.: Tech Help 10:30 a.m.: Basic Photography
9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 11:30 a.m. – 1:30 p.m.: Art Reception	9:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books 12:30 p.m.: Bridge Club 1 p.m.: Strength Training 7 p.m.: Café Muse	8:15 a.m.: Walking Club 11 a.m.: Village Book Club 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Fall Prevention 2 – 4 p.m.: Nurse Specialist 3 – 4 p.m.: Tea	9:30 a.m.: Tai Chi Ongoing 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess Group 1 p.m.: All in the Eyes 5 - 7 p.m.: Shred-it Truck 5:30 p.m.: Council Capital Improvements / Communications Committee Mtg. 7:30 p.m.: Concert: String of Pearls	8:15 a.m.: Walking Club 11 a.m.: Still Life and Beyond 6:30 – 8 p.m.: Community Day Celebration	9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory 1 p.m.: Abstract Painting	8:15 a.m.: Walking Club 9:30 a.m.: Photography for Children 10 a.m. – 12 p.m.: Tech Help 10:30 a.m.: Basic Photography
9:10 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	9:30 a.m.: Tai Chi Intro. 10 a.m. – 2 p.m.: MVA Mobile Office 10 a.m.: Great Books 12 p.m.: Vision Support Lunch and Learn 12:30 p.m.: Bridge Club 1 p.m.: Strength Training	8:15 a.m.: Walking Club 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Fall Prevention 2 – 4 p.m.: Nurse Specialist 3 – 4 p.m.: Tea 6:30 p.m.: Pilates	9 a.m.: Depart for Russian Treasure Exhibit 9:30 a.m.: Tai Chi Ongoing 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess Group 1 p.m.: All in the Eyes 7:30 p.m.: Concert: Bethesda- Chevy Chase High School Jazz Combo	8:15 a.m.: Walking Club 10 a.m. – 3 p.m.: AARP Driver Safety 11 a.m. – 4 p.m.: Village Playtime 11 a.m.: Still Life and Beyond 7 p.m.: Susan Lee on Elder Abuse	9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory 1 p.m.: Abstract Painting	8:15 a.m.: Walking Club 9:30 a.m.: Photography for Children 10 a.m. – 12 p.m.: Tech Help 10:30 a.m.: Basic Photography
9:10 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	9:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books 12:30 p.m.: Bridge Club 1 p.m.: Strength		Do you spea Greek? Are you looking for or			OPAL

#### **Shuttle bus hours**



Monday through Friday Saturday and Sunday

6:40 a.m. to 9:40 p.m. 8 a.m. to 7 p.m.

## **Village Center Hours**

Training

9 a.m. to 9 p.m. Monday through Thursday Friday 9 a.m. to 5 p.m. 9 a.m. to 2 p.m Saturday and Sunday

to talk to and improve your language skills? If you have an interest in joining a Modern Greek Conversation Club that would meet weekly at the Village





Center for fellowship and discussion, call or text Irene at 301-221-6602. Note: the group welcomes speakers of all levels, but it is not a class for non-speakers.

#### Free tech help at the Village Center

Do you need help with your iPhone, iPad, laptop, or Kindle? Do you have questions about email, Facebook, texting, Uber or Lyft? How about using PowerPoint or FaceTime, creating photo collages or playing games on your phone?

Village resident Ananmay Sharan will come to the Center every Saturday morning this month, **April 7, 14, 21 and 28,** and will be available to help anyone who drops in between 10 a.m. and noon. Ananmay is a high school junior who is passionate about technology and wants to help his neighbors. He hopes to study computer science in college. Please bring your device with you.

Please respect Ananmay's time and that of other people waiting. This is not a class for individuals!

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PLEASE SIGN UP AT LEAST 48 HOURS BEFORE THE START OF A SESSION. A CLASS MAY BE CANCELED IF IT DOES NOT HAVE A MINIMUM NUMBER OF PARTICIPANTS REGISTERED. PARTICIPANTS MUST PAY FOR THE FULL SERIES — NO REFUNDS AFTER CLASS BEGINS.

All participants in fitness classes, as well as Drop-in Tai Chi and sample classes, are required to sign a liability waiver when they register.

#### **ART**

#### **ALL IN THE EYES**

A 6-week class, taught by Marianne Winter, Wednesdays, 1 to 3 p.m., April 25 – May 30. Marianne, an award-winning artist, photographer and book illustrator, brings a unique and dynamic method of teaching portraiture to her students at the Center. Using photographs and beginning with the eyes, the class will hone the skills of those who want to draw faces. Please bring a pad and pencil or pastel to the first class; some previous experience in drawing is necessary. \$75 for residents; \$80 for nonresidents.

#### **EXERCISE**

#### BALANCE AND FALL PREVENTION

A 6-week class, Tuesdays, 1 to 1:50 p.m., April 17 – May 22. The class will focus on simple exercises that improve overall balance. \$70 for residents; \$75 for nonresidents. Questions? Email instructor Tonya Walton at staraka4u@gmail.com.

#### BALANCE, MOVEMENT AND MEMORY

A 6-week class, Fridays, 10:30 to 11:30 a.m., April 20 – May 25. Exercises are designed to target balance issues as well as physical strength. Instructor Cheryl Clark is a licensed Physical Therapist Assistant who has been working on the aging body and its complexities for over 15 years. \$70 for residents; \$75 for nonresidents.

#### **CHAIR EXERCISE**

A 6-week class, Wednesdays, 11 to

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11:50 a.m., April 25 – May 30. The class, taught by Tonya Walton, is especially for people who want to tone upper and lower body muscles, as well as improve strength and energy, through chair exercises. \$70 for residents; \$75 for nonresidents.

#### DC TAI CHI (Introduction)

A 6-week class, Mondays, 9:30 to 10:30 a.m., May 7 – June 11. Taught by internationally recognized Master Nick Gracenin. Study the essentials of traditional Tai Chi and Qigong, and improve balance, circulation, strength and relaxation. Beginners welcome; maximum number is 20. \$70 for residents; \$75 for nonresidents. Visit www.dctaichi. com for more information.

#### DC TAI CHI (Ongoing)

A 6-week class, Wednesdays, 9:30 to 10:30 a.m., April 25– May 30. Taught by internationally recognized Master Nick Gracenin. Study the forms and routines of traditional Tai Chi and enjoy non-competitive interactive partner work. Fundamental training is required; maximum number is 20. \$70 for residents; \$75 for nonresidents. Visit www.dctaichi. com for more information.

#### **MAT PILATES**

A 6-week session, Tuesdays, 6:30 to 7:30 p.m., April 24 – May 29. Pilates movements tone the body from "the inside out" bringing about corestrength, muscle balance and proper spinal alignment. This class is for both beginners and intermediate students. Please check with your

physician before signing up; not recommended for pregnant women. Instructor Ginger Russell is certified in Pilates by both PhysicalMind Institute and Powerhouse Pilates. \$85 for residents; \$90 for nonresidents. Please bring a Pilates/yoga mat and bath towel.

#### **STRENGTH TRAINING**

A 6-week class, Mondays, 1 to 1:50 p.m., May 7 – June 25. The class, taught by Tonya Walton, focuses on increasing mobility, flexibility, balance, and overall strength. \$70 for residents; \$75 for nonresidents. Class will not meet May 28 or June 18.

#### **YOGA**

An 8-week class in Hatha Yoga for beginning and continuing students, taught by Robin Dinerman, host of TV's Cherryblossom Yoga. Sundays from 9:10 to 10:30 a.m., April 22 -June 17. The session includes semistrenuous postures, stretches, and coordinated breathing, as well as a quiet period for relaxation and meditation. This class is aimed especially at people 50 years old and older. Wear loose clothing, bring a thick blanket or large towel and mat, and don't eat for 2 hours before class. \$112 for residents; \$120 for nonresidents. Class will not meet May 27.

#### **ONGOING GROUPS**

#### BLOOD PRESSURE SCREENING/SUBURBAN NURSE

A Suburban Hospital nurse offers free blood pressure screenings,

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Tuesdays, 12 to 4 p.m. The nurse is also available for consultations, Tuesdays from 2 to 4 p.m.

#### **CHESS**

An informal group plays chess on Wednesdays from 12 to 2:30 p.m. at the Village Center. All levels are welcome. Call Norm Schiff at 206-713-6079 for more information.

#### COFFEE AND CURRENT EVENTS

This long-running discussion group meets every Friday from 10:30 a.m. to noon. Led by group members.

#### **DROP-IN TAI CHI**

Student-led sessions Fridays from 9:15 to 10:15 a.m. Cost is \$3 per class.

#### **GREAT BOOKS GROUP**

Book lovers participate in lively presentations and discussions of works, usually taken from the Great Books series. Leadership is rotated among group members. Meets Mondays from 10 to 11:45 a.m. Contact Jean McNelis at 301-656-6695.

#### HEALTH INSURANCE COUNSELING

County residents looking for help in understanding Medicare

can call the local State Health Insurance Program (SHIP) at 301-255-4250. The free service provides Medicare beneficiaries of any age information about their health insurance benefits, guidance and assistance with enrollment, and help solving problems. SHIP can also help determine if individuals are eligible for help paying for Medicare coverage. The services are provided by staff and trained volunteers at the Jewish Council for the Aging.

#### **SPEECH SUPPORT**

An aphasia support group facilitated by Susan Wranik, board certified speech-language pathologist, and sponsored by the NIH Suburban Hospital Stroke Program. Open to adults with speech impairment due to stroke, Parkinson's or dementia, who need help with communication. Meets the second Tuesday of every month from 2 to 3 p.m.

#### **TEA**

Hot beverages, cookies, assorted pastries, and fruit are served by Village volunteers Tuesdays from 3 to 4 p.m. at the Village Center.

#### **VILLAGE BOOK CLUB**

The book club meets one Tuesday morning a month to discuss books

# Calling all little Picassos

Our weeklong art camp for children returns **Monday**, **June 18**, **through Friday**, **June 22**.

Run by our curator Millie Shott, the camp offers children ages 6 to 12 a fun way to tap into their individual creative genius.

The annual camp is unique among art camps in that participants create fine arts projects that are tailored for little hands. Children will complete a variety of art projects, ranging from painting to pottery, to printmaking and jewelry. The camp takes place from 9:30 a.m. to 1 p.m. daily at the Village



Center.

Children must have completed kindergarten to qualify. The cost is \$250 per child. Please register in person at the Village Center to ensure a space.

Middle and high school students may earn service hours as counselors. Please contact Anne O'Neil at 301-656-2797 for details. chosen by the group. New members are welcome at any time.

#### VILLAGE BRIDGE CLUB

The bridge club meets every Monday from 12:30 to 3:30 p.m. All are welcome; cards will be supplied.

#### VILLAGE PLAYTIME

Games, toys and play equipment will be set out in the auditorium at the Village Center most Thursdays from 11 a.m. to 4 p.m. Children must be accompanied by a caretaker or family member over age 13.

#### VISION SUPPORT GROUP

Meets once a month; check the calendar for day and time. Contact Janet Morrison, group facilitator, at 301-538-9358 for more information. See page 13.

#### WALKING CLUB

Leaves the Center every Tuesday, Thursday and Saturday at 8:15 a.m. for a walk through a nearby neighborhood. Contact Helen Davis at 301-718-6340 for more information.

#### **YIDDISH**

Meets Wednesdays at 10:15 a.m. to speak and read in Yiddish. Contact Maurice Singer at 202-362-0883 for more information.

#### Treasures, continued from page one

butter cream for dessert. Coffee is also included. Please make your menu selections at sign-up.

We'll depart from the Village Center at 9 a.m. and should return by 3 p.m. The cost, which includes round-trip transportation, admission to the Walters Art Museum, three-course luncheon at Petit Louis and all taxes and gratuities is \$84.

Sign-ups for residents and nonresidents begin immediately at the Village Center. The deadline to sign up is April 17.

There are 24 spaces available.

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# Concerts are held every Wednesday from 7:30 to 8:30 p.m. in Huntley Hall in the Friendship Heights Village Center.

Wednesday, April 4 — Charles Mokotoff— Classical guitarist Charles Mokotoff made his Carnegie Hall debut in 1987 following tours in the Far East, and since then has toured the Mid-Atlantic states, the Midwest and Northeast, including Lincoln Center in New York. In addition to



touring, he has served on the faculties of numerous colleges and universities as a lecturer in classical guitar and flute. Mokotoff's diverse repertoire includes the standard guitar classics, Latin and some contemporary pieces.

Wednesday, April 11 — Logan Circle — Clarinetist Jim Logan is the National Tour Soloist for the U.S. Navy Band and has performed in the continental U.S. and many European capitals and for audiences ranging from the general public to heads of state. He has performed with the Midland-Odessa Symphony, the Baltimore Chamber Orchestra and the National Philharmonic. He has appeared locally at Baird Auditorium and the John F. Kennedy Center for the Performing Arts. His doctorate is from Catholic University. He is on the faculty at Towson University. Elaine M. Ross, piano, joined the music theory faculty at Towson University in 2016. Dr. Ross is a sought-after collaborative pianist, composer, and theory pedogogue. Nana Gaskins Vaughn received her bachelors and masters degrees at Indiana University Jacobs School of Music and currently serves as Assistant Principal Violist with the Reading Symphony. She

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performs with many orchestras, including the Baltimore Symphony, Kennedy Center Opera House Orchestra, Indianapolis Symphony, Baltimore Chamber Orchestra, American Pops Orchestra, Delaware Symphony, and Richmond Symphony. As a chamber musician, she performs regularly with Washington Music Viva. The program, which is made possible through the generous donations by the family and friends of Hilda Siebel, will include trios for clarinet, viola and piano by Mozart and Bruch.

**Wednesday, April 18** — *String of Pearls* — Known for her exceptional talent in groups ranging from Machaya Klezmer to Mariachis de Los Compadres, violinist Susan Jones brings her trio to the Village Center for an evening of classical music. *This performance is made possible through generous donations by the family and friends of Hilda Siebel*.

#### Wednesday, April 25 — Bethesda—Chevy Chase High School Jazz Combo

— The combo is part of the
Jazz Ensemble and consists of
sax, keyboard, bass, guitar, and
drums, and sometimes trumpet
and trombone. Students in
the combo arrange their own
practices during lunch period and
after school. The combo performs at various community
events throughout the year.

#### A Note from the Program Directors

As a courtesy to our speakers, authors and performers—

- Turn off cell phones.
- Do not take food or drink into the auditorium.
- Arrive on time for all events.
- Unless it is an emergency, please stay until the conclusion of the program. It is distracting to others in the audience and insulting to the presenters when people walk out. Plenty of time to catch the shuttle bus will always be provided.

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# TO YOUR HEALTH

#### Vision Support Lunch and Learn: Symptoms of causes of retinal detachment

Retinal detachment is a disorder of the eye in which the retina separates from the layer underneath. It is most prevalent in people over the age of 50 and symptoms include an increase in the number of floaters, flashes of light, and worsening of the outer part of the visual field. Without treatment permanent loss of vision may occur. Retinal detachment itself is painless, but almost always there are warning signs.

Learn more about symptoms, causes and risk factors from our guest ophthalmologist/retina specialist, Dr. Gayatri Reilly, of Retina Group of Washington at the Vision Support Group Lunch and Learn at the Village Center on **Monday, April 23, from 12 to 1 p.m.** 



The Vision Support Group is facilitated by low vision advocate Janet Morrison, a Village resident who has influenced the growth of vision rehabilitation information and services throughout the metropolitan area. You don't have to have poor sight to participate, but you do need to register for a light lunch by calling 301-656-2797.



#### Stay firm on your feet

Balance is complex and involves touch, vision, and vestibular sensors. A physical therapist from Suburban Hospital will keep you on your toes while sharing tips to improve your balance and avoid falls at this month's Suburban health lecture at the Village Center on **Wednesday, April 11, at 1 p.m.** 

Learn specifics about diagnoses on related injuries and rehabilitation. Please call 301-656-2797 to let us know if you plan to attend.

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#### Café Muse presents...

This month's Café Muse, on **Monday, April 16**, will feature poets Barbara Goldberg (posthumously honoring poet Elaine Magarrell) and Susan Lewis.

Elaine Magarrell (1928 – 2014) wrote two prizewinning books of poetry, including "Blameless Lives" and "On Hogback Mountain." Her work appeared in "Yankee," "Passager," "Poet Lore," and elsewhere. Her honors include numerous grants and fellowships.

Barbara Goldberg has authored five prize-winning books of poetry, including "The Royal Baker's Daughter," winner of the Felix Pollak Poetry Prize. Her work appears in "Best American Poetry," "Paris Review," "Poetry," and elsewhere. She is Series Editor for the International Editions at The Word Works.

Susan Lewis is the author of "Zoom," winner of the 2017 Washington Prize from The Word Works, and nine other books and chapbooks. Her poetry has appeared in "Boston Review," "The Berkeley Poetry Review," "The New Orleans Review," "Seneca Review," "Verse," and "VOLT." She is the founding editor of Posit, an online journal of literature and art (positjournal.com).

Café Muse opens at 7 p.m. in the Village Center with classical guitar by Michael Davis; readings begin

at 7:30. Attending poets are invited to participate in an open reading that concludes the Café Muse program. A sign-up sheet will be available at 7 p.m. Café Muse is presented by the Village of Friendship Heights and The Word Works, a nonprofit literary organization publishing contemporary poetry in artistic editions and sponsoring programs for more than 35 years.



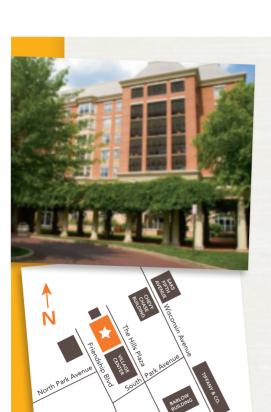
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# Sam's Featured Listings

# The Carleton

Apt 605 Price Upon Request 5BD+Den 4.5BA 3,657 SF

**Apt 412** \$899,000 2BD+Den 2BA 1,540 SF

**Apt 814** \$3,200/Mo 2BD 2BA 1,310 SF

The Elizabeth



Apt 1513	Apt 1205	Apt 608
\$499,000	\$215,000	\$3,400/Mo
2BD 2BA	1BD 1BA	3BD 3BA
1,423 SF	708 SF	1,642 SF

#### Welcome to the team

Richard Gross, a Realtor with more than 30 years of sales experience, has joined The Sam Solovey Group as the resident agent at 4620 North Park. Richard may be reached at richard.gross@compass.com or 410.913.7757.



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#### **April 2018 events calendar**

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